

UNIVERSAL

Electric Range

COOK BOOK



THE TRADE MARK KNOWN IN EVERY HOME
UNIVERSAL
LANDERS, FRARY & CLARK, NEW BRITAIN CONN.

COOK BOOK AND CHART

FOR



Electric Ranges

RECIPES PREPARED AND TESTED
IN OUR HOUSEHOLD ECONOMICS
DEPARTMENT BY
CAROLYN L. CLAPP, *Home Economist.*

A special chart with instructions for use of the Automatic Timer and Oven Temperature is provided for the Full Automatic Range.

There is a special chart with all Universal Ranges equipped with Automatic Oven Temperature Control.

The instructions in this cook book apply generally to all types of Universal Ranges, but the use of the Oven Temperature Control simplifies the baking operations.

LANDERS, FRARY & CLARK
NEW BRITAIN, CONN.



ELECTRIC COOKING

The use of such popular appliances as Percolators, Irons, Toasters, Table Stoves, etc., has created a demand by the housewife for an all-electric kitchen which makes for greater comfort, health and happiness in the home.

Electric Cooking is today recognized as the most scientific in point of food conservation, cleanliness and labor saving.

The "UNIVERSAL" Electric Range, like all "Universal" Electric Appliances, is acknowledged to be without a peer in mechanical construction, perfection of its appointments and economy in all its operations.

A single demonstration of the utility and efficiency of the "Universal" Range will convince the most critical housekeeper of its advantages over the old style method of cooking. It means less household drudgery and a more efficient working kitchen.

The "Universal" Range makes possible well-cooked food. The heat is so evenly distributed in the oven that there is no guess work as to the results obtained. Meats when cooked in the "Universal" Oven are richer, more nutritious and palatable. Bread is baked to that fine texture which makes it more appetizing. It remains moist and fresh for a longer period. Cakes, Pies, and Biscuits are beautifully browned. Success is assured since the same degree of heat is always obtainable by the switch control.

SPECIAL FEATURES OF "UNIVERSAL" ELECTRIC RANGES

Switch Panel

The "Universal" Switch Panel is designed to show the position of switches plainly from any part of the room. "Medium" heat is half of "High" heat and "Low" heat is one-quarter of "High" heat.

Thermometer

The "Universal" Thermometer (mercury) gives the correct degrees of heat (Fahrenheit) in the oven at all times.

Boiling Units

The surface hot plates of the enclosed type are conveniently arranged for all boiling, frying and simmering operations. They are equipped with reversing three heat switches and so constructed that they are grease and water tight—no drip pan beneath being necessary. The heat retaining quality of the Universal hot-plate is such that cooking is done on "medium" and "low" heat after boiling point is reached.

Oven

"Universal" Ovens are very economical, being heavily insulated and equipped with a damper which, when closed, makes the oven practically airtight so that meat basting with its attendant waste of heat is unnecessary in roasting operations.

Warming Closet

The "Universal" Warming Closet is equipped with a heating unit of its own, which heats quickly and economically.

Baking

When baking on two shelves place them far enough apart with the utensils slightly away from the oven walls to allow a free circulation of heat. Do not open the oven door more than is necessary, closing it immediately in order to conserve the heat. Avoid overheating the oven, it only wastes the current. A number of dishes may be cooked at the same time without tainting or objectionable odors intermingling.*

Broiling

Place drip pan about 4 inches below the broiling unit, turning the broiler switch on "high," preheating for about 10 minutes, after which meat or fowl is placed on drip pan rack to broil from 4 to 8 minutes on either side, according to thickness of the broil. When small steaks, chops or toast are required turn the broiler switch at "Medium," the center unit being aglow during this operation. The broiler drip pan should be removed from the oven when not broiling or toasting and is not to be used in roasting operations when baking unit is being used. Open the oven damper while broiling.

Roasting

The best results in cooking are assured with the "Universal" range. The even heat distribution and perfect control of same with use of three heat switches or Universal Temperature Control means successful cooking.

When roasting meats of all kinds it is not necessary to use a double roaster. A drip pan, 2 to 3 inches deep is best and basting is unnecessary. Usually a hot oven from 450° to 500° is desired so that meats will sear quickly. Then heat is reduced to roasting temperature 375° to 400°. During the last part of cooking, the current is entirely off. See chart. Do not use the Broiler Pan for roasting.

One of the great advantages of broiling or roasting in the "Universal" oven is in the saving of food. Meats shrink very little as a result. A finer flavor is obtained and all the nutrition saved. The oven door should be left open for a short time after cooking meat or vegetables to thoroughly air and dry.

IMPORTANT

Care of Oven

Remove broiler and baking units, slide and side racks which can be cleaned in the sink. After cleaning lining of oven give it a treatment of nut or olive oil. This sanitary treatment should be given once a month—and preserves the lining.

"Universal" Range Ovens are pre-heated and burned out before leaving factory and are ready to use without the usual disagreeable odors and smoke, which invariably occurs with new ranges.

Never heat the oven above 550°—it is unnecessary and wasteful.

After baking or roasting leave the door open to keep the oven fresh and sweet.

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

"UNIVERSAL" ELECTRIC RANGES

UNIVERSAL Oven With Automatic Temperature Control

When preheating the "Universal" oven for all cooking operations, the oven switch should be turned "High" and when the desired temperature is indicated on the oven door thermometer, the pointer of control is placed at the number showing degree of heat to be maintained, leaving switch on "High" as directed in special chart. While the switch is turned to "High" often during the entire cooking period the operation of the Temperature control is automatically turning the current on and off, maintaining the necessary heat. Much of the cooking is completed on stored heat as the current can be turned off "during the last part of a cooking process. (See chart). For preheating, both oven and broiler units may be turned on if desired, but broiler unit must be turned "Off" before food is placed in oven.

TABLE OF MEASURES AND WEIGHTS

All measurements in this book are level measurements. A standard measuring cup holds one-half pint, and is divided into thirds and fourths.

Flour, meal, powdered and confectioners' sugar, and soda should be sifted before measuring.

Mustard, baking powder and salt should be freed from lumps.

To measure a cupful, put in the ingredients by spoonfuls, round slightly, and level with a case knife. Do not shake the cup.

To measure a spoonful, dip spoon in ingredient, fill, lift and level with the sharp edge of the knife toward tip of spoon.

Divide with knife lengthwise of spoon for a half-spoonful; divide halves crosswise for quarters, and quarters crosswise for eighths. Less than one-eighth is called a few grains.

A cupful of liquid is all that the cup will hold. A spoonful is all that the spoon will hold.

To measure butter, lard or other solid fat, pack firmly into cup or spoon and level with knife.

Sixteen tablespoons equal 1 cup.

Soups

GENERAL INFORMATION

Clear soup, like consommé or bouillon of either fish or meat, or vegetable soup with a clear meat stock foundation, are all suitable to serve at the beginning of a substantial luncheon or dinner. The juice of fish, poultry and meats, which is the foundation of many soups, is drawn out best in cold water, slowly heated to the boiling point; the cooking then continues at a gentle simmer.

The preparation of soups on the "Universal" Electric Range heating unit is usually a control of low heat used continuously up until the last thirty minutes, at which time the heating unit may be turned off and simmering then continued upon the retained heat. The rear and smaller heating units are usually the most convenient for cooking soup. Two to four hours are required to prepare beef stock, but it only requires twenty to thirty minutes to extract the flavor of vegetables. Two pounds of meat and bone to one pint of water gives a rich broth.

Consommé

Place in a pan or kettle about 4 lbs. shank bone of beef chopped into 3 or 4 pieces. Cover with 4 pints of cold water and 1 teaspoon salt. Place upon boiling unit—turn to "High" ten minutes, then to "Low" for 3 hours. After 2 hours boiling add, already cut into pieces, 2 turnips, 3 carrots, 2 onions (sliced), 3 or four pieces of celery. Continue the boiling the third hour. Drain through colander and put away to cool until the following day. When cold, remove the fat from the top, add pepper and additional salt to taste, a tablespoon of tomato catsup and a little grated nutmeg. Return to the boiling unit in a clean pan, add whites of 3 eggs well beaten. Let boil 5 minutes, set aside for a moment, then strain through a cloth. Heat as needed. Serve very hot.

Cream of Corn Soup

1 can kernal corn	1 pt. boiling water
1 pt. milk	Few drops onion extract
Few grains pepper	2 tablespoons butter
3 tablespoons flour	1½ teaspoons salt
Few grains mace	½ teaspoon sugar

Make a sauce of the milk thickened with the butter and flour rubbed together. Add corn to water and simmer 20 minutes, seasoning with the sugar, salt, pepper and mace. Add to the sauce, rub through a sieve, add the onion extract and serve with buttered toast.

Cream Tomato Soup

Heat 1 can of tomatoes and 1 cup of water; add ½ teaspoon soda. Place on heating unit on "Low." Blend 3 tablespoons flour with enough milk to make smooth paste; add to paste 1 tablespoon butter, salt, pepper to taste and 1 tablespoon catsup. Add 1 quart of fresh sweet milk to tomatoes (pour slowly); add paste and stir constantly until soup thickens. Strain at once. Serve very hot. Turn heating unit to "Off" several minutes before soup is finished.

Clam Chowder

1 quart clams	1 small onion
3 potatoes	2 slices salt pork
3 cups hot milk	Salt and pepper

Fry pork in kettle. Add sliced onion, clams, sliced or diced potatoes, and pepper. Add cold water to barely cover and cook until tender. When cooked add milk and seasoning.

Celery Soup

½ cup sliced onion	1 tablespoon flour
1 cup chopped celery	1 teaspoon salt
3 cups of water	½ cup cream
1 tablespoon butter	Few grains pepper

Simmer onion and celery in water until tender—about an hour on heating unit on “Low”—then put through sieve; return to kettle; add seasoning; blend together the butter and flour; add liquid to make paste; combine and add cream. Turn heating unit to “Off” several minutes before ready to serve.

Cream of Veal Soup

3 cups veal or chicken stock	Salt and pepper to taste
1½ cups rich milk or evapo-rated milk	Few drops onion extract
4 tablespoons tapioca	2 tablespoons flour
1 egg yolk	2 tablespoons butter

Soak tapioca ten minutes in water to cover, add to veal stock and cook gently half an hour. Make a sauce of the butter, flour, and milk; add to soup, season, and then pour onto a slightly beaten yolk; reheat, but do not boil, and add onion extract.

Pea Soup (Without Meat)

Add one quart of dried peas to five of water and boil four hours. Cut with the coarse cutter, three large onions, two heads of celery, one carrot and two turnips and add to the boiled peas and water. Season with salt and pepper. Boil two hours more, thinning with water if necessary. Strain and add a tablespoonful of butter. Serve hot with dice of toast.

Vegetable Soup

Place soup bone, weighing 2 to 3 lbs., in large kettle with about 3 qts. cold water. Bring to boil and cook slowly 1½ hrs. Add seasoning to taste, 3 carrots, 1 parsnip, 1 turnip, few stalks celery (diced), ¼ of a small cabbage, 1 large onion coarsely chopped, 1 small can tomatoes. Boil 1 hour. Add diced potato and boil 30 minutes.

Fish

GENERAL INFORMATION

Especial pains should be taken in the preparation of fish to be sure that it is scrupulously clean and fresh. Add lemon juice before cooking to improve the flavor. In boiling, the water should be bubbling so that the outside may be seared or sealed at once to prevent the escape of food juices. Fish should be wrapped in a cheese cloth, as otherwise it is liable to fall to pieces. Fish may also be seared by heating in the oven. After searing add salt.*

Baked Fish (3 lbs.)

Clean fish and prepare for stuffing. Dry carefully inside and salt, then stuff and sew up the fish; rub with melted butter, salt and dredge with flour. Place on greased fish sheet in dripping pan. Place around fish small pieces of salt fat pork. Oven temperature should be 500° when placed in oven. Turn switch to "Medium" for 15 minutes, "Low" for 15 minutes, "Off" for 30 minutes. Total time, 1 hour.

Broiled Fish

When broiling or planking fish, use the upper heating unit, which is direct heat. In broiling it is impossible to turn a fish and it must be broiled upon a platter, pan or plank. The preparation and operation of the upper heating unit will be the same as planking, but served less elaborately.

Planked Whitefish

Planking is one of the very best ways of preparing fish and is excellent when broiled electrically. Wash and dry with a cloth, a 3 lb. whitefish and split in half. Let stand 2 hours in the juice of 1 lemon and 2 tablespoons of cooking oil. Pre-heat oven to 450°. Oil the oak fish plank and place fish on skin side down, leaving margin of 1 to 2 inches around the fish. Place plank under the upper heating unit. Leave upper unit "High," lower unit "Off." Continue about 15 minutes, then salt and turn upper unit to "Low" for 10 minutes. Do not turn fish, as heat penetrates through to the plank. Garnish with mashed potato border forced through potato bag and add parsley and lemon.

Creamed Crab Meat

2 cups crab meat freed from shell	1 teaspoon minced parsley
2 tablespoons butter	½ teaspoon white pepper
2 tablespoons flour	Few drops Worcestershire sauce
2 cups milk	2 tablespoons pimentos, minced
½ teaspoon salt	1 hard cooked egg

Make a sauce of the butter, flour, milk and seasonings. Add parsley, crab meat, pimentos, and the egg chopped fine. Let stand to become very hot, and serve on buttered toast.

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

Fish Entree

Take a small can of tuna fish or salmon, break in small pieces and put in casserole; make a rich cream sauce with onion chopped fine and well seasoned; pour over fish and cover with biscuits; cut with small cutter. Bake in quick oven until biscuits are done.

Tuna Fish Loaf

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|-----------------------|------------------------------|
| 1 large can Tuna Fish | 1/3 cup cracker crumbs |
| 1 tablespoon butter | 1 tablespoon chopped parsley |
| 2 eggs—well beaten | 1/3 cup rich milk |

Mix thoroughly in order given, season with salt and pepper. Add teaspoon of lemon juice. Preheat oven to 425°. Turn switch to Low 20 minutes, Off 20 minutes. Bake 40 minutes in loaf pan or casserole.

Fried Smelts

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|-------------------------|--|
| Smelts (1/2 to a dozen) | Corn meal or bread crumbs |
| Flour | Lemon |
| 1 Egg | 2 even tablespoons butter or cooking oil |

Clean the smelts, season with salt and pepper, roll in the bread crumbs and flour. Heat butter or cooking oil in frying pan on surface hot-plate and fry the smelts to a crisp brown. Serve with pieces of lemon and tartar sauce.

Creamed Lobster

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|-------------------------|----------------------|
| 1 medium size lobster | 1/4 teaspoonful salt |
| 1 tablespoon cornstarch | 1/2 pint cream |
| 1 tablespoon butter | 1 egg |

A few grains cayenne pepper

Stir the cornstarch into the melted butter in a saucepan or double boiler. Beat the eggs slightly into the cream and add gradually, together with the seasoning. When the sauce is sufficiently smooth and begins to thicken turn in the lobster, cut into small pieces, let it cook until very hot and serve.

A spoonful lemon juice can be added if desired.

Cream Sauce for Fish

- | | |
|-----------------|--------------------------|
| 1 cup milk | 1 tablespoon butter—salt |
| 1 cup hot water | 1 tablespoon flour |
| 1/4 cup cream | 1 lemon |

Cook butter and flour together. Add hot water, milk and cream. When it boils, add lemon, salt. This is the foundation for fish sauces.

Meat and Fish Sauce

- | | |
|-------------------------|---------------------|
| 1 cup strained tomatoes | 2 tablespoons flour |
| 1 tablespoon drippings | |

Melt fat and add flour. Blend well and add strained tomatoes. Stir well and cook five minutes.

Meat

GENERAL INFORMATION

In roasting in the electric oven a temperature of from 450° to 500° is essential. It should always be used at first to sear over the surface of the meat and keep the juices within. Then reduce the temperature to roasting heat, 400°. Lamb, pork and veal should always be served thoroughly cooked and so it requires a temperature of 400°. The time required to broil a porter house steak, 1 inch thick, is 10 minutes; 4-inch pork roast, one hour and a half to two hours; 4-inch beef roast, one hour. Use a drip pan 2 to 3 inches deep for roasting. The great advantage of broiling and roasting in the "Universal" oven is in the saving of food; meats shrink very little as a result; flavor and nourishment is preserved in the meat. No basting is required.*

Roast Beef

Wipe beef with cloth wrung from cold water. Place roast on rack in dripping pan, salt and dredge meat with flour. Place in hot oven that the surface may be quickly seared. Oven temperature should be 500°. Leave switch on "High" for 15 minutes. Turn to "Medium" for 30 minutes. Turn switch to "Low" for 40 minutes, and "Off" for 10 minutes. The total time required is 1 hour 35 minutes for this 6-pound roast.

Beef roasted in an electrical oven shows less shrinkage than when roasted in other fuel ranges and retains more of the nutritive juices.

Better results can be obtained by removing meats or fowl from the refrigerator 20 minutes or more before placing in the oven.

Leg of Lamb

Trim leg of lamb and wipe with a damp cloth. Lace through the lamb pieces of onions and carrots with a larding needle. Dust with flour, salt and pepper and cover with 2 tablespoons of oil or fat.

Pre-heat oven to 400°. Turn upper heating unit "Off," use lower unit "High" 15 minutes, then "Medium" for 2 hours, then "Off" 40 minutes.

Arabian Stew

6 lean Pork Chops	2 tomatoes
6 tablespoons raw rice	1 green pepper
1 large onion	$\frac{1}{8}$ teaspoon pepper
3 cupfuls hot water	3 teaspoons salt

Sear the chops on both sides in hot frying pan on surface hot plate. Remove to casserole or baking dish. On each chop place one tablespoon rice, a slice of onion, a slice of tomato (some canned tomatoes will do) and two strips of green pepper. Sprinkle all over with salt and pepper. Add the hot water, cover, and bake from 3 to 4 hours in oven. Temp. 350° F.

Roast Pork with Raisins

Select loin of small pig, about 6 lbs. Wipe the pork with damp cloth; cut 3 slashes in the loin and stuff with raisins; dredge with salt and pepper; place in dripping pan and dredge with flour. Pre-heat oven to 400°. Turn upper unit "Off" and use lower unit "Medium" for 2 hours, then "Low" for 15 minutes, then "Off" for 15 minutes. Serve with candied sweet potatoes and apple sauce.

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

PLANKED STEAK DINNER

Duchess Potatoes

To 4 cups hot, riced potatoes, add 4 tablespoons butter, 1 teaspoon salt and yolks of 3 eggs which have been beaten slightly. Arrange a border around the plank using pastry bag and rosétube. Brush over with beaten egg diluted with 1 teaspoon water.

Tomato Cases

Wipe and remove a thin slice from stem end of 4 smooth, medium-sized tomatoes. Take out seeds and pulp and drain off liquid. Put 1 teaspoon butter in each tomato and place in a buttered pan. Bake 10 minutes in hot oven.

Peas In Tomato Cases

Drain off liquid from 1 can of peas. Put peas in the top of a double boiler and season with 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt and a few grains pepper. Arrange in tomato cases on plank.

Glazed Onions

Peel $\frac{1}{2}$ pound small, silver-skinned onions. Cook in boiling, salted water fifteen minutes. Drain, put in frying pan with 2 tablespoons sugar and 3 tablespoons butter and shake over hot plate until glazed.

Spanish Butter Sauce

Cream $\frac{1}{2}$ cup butter. Add 1 pimienta which has been wiped dry and cut in small pieces. Spread on steak just before serving.

Planked Steak

Wipe a porterhouse or rump steak and partially broil. Place on buttered plank, arrange potato border and return to oven to finish broiling and to brown potato border. Garnish plank with tomato cases filled with peas, glazed onions and parsley. Spread Spanish Butter Sauce over steak and serve.

Ham Soufflé

$\frac{1}{2}$ cup bread crumbs	$\frac{1}{4}$ teaspoon salt
2 cups milk—scalded	$\frac{1}{8}$ teaspoon pepper
2 tablespoons melted fat	1 cup cold finely chopped ham

Add bread crumbs to hot milk. Add fat seasoning and ham. Fold in 3 eggs beaten very light. Pour in baking dish and bake $\frac{1}{2}$ hour. Serve with tomato sauce. Temperature 400°. Turn switch to "Low" 40 minutes, "Off" 20 minutes.

Prune Loaf

2 cups boiled rice	1 egg
1 cup grated cheese	1 chopped onion
1 cup prune pulp	1 cup bread crumbs
1 tablespoon salt	2 tablespoons parsley
1 tablespoon Worcestershire sauce—pepper	

Mix in order given. Make into loaf and bake 1 hour. Serve with tomato sauce. Temperature 375°. Turn switch to "Medium" 10 minutes, "Low" 30 minutes, "Off" 20 minutes.

Broiled Lamb Chops

Wipe chops, trim off superfluous fat. Rub some of the fat on the wire rack in broiler pan. Place chops on rack and put in oven under broiler unit which has been pre-heated about five minutes. Turn chops several times to sear. Will take from 7 to 10 minutes according to thickness of meat. Broiler unit on high heat.

Poultry

(For General Information See Meats)*

Roast Chicken

Dress, clean, stuff, and truss a chicken. Place on its back on rack in a dripping pan, rub entire surface with salt, and spread breast and legs with three tablespoons butter, rubbed until creamy and mixed with two tablespoons flour. Dredge bottom of pan with flour. Place in an oven 475°. Turn switch to "Medium" for 60 minutes, "Off" for 30 minutes. Total time 1 hour 30 minutes for 4 lb. chicken.

Dressing For Roast Chicken

6 cups stale bread crumbs	Salt, pepper
1 small onion (finely cut)	Poultry dressing or
3 tablespoons melted butter	sage

Moisten crumbs in water, add chopped onion, butter, salt and pepper to taste. A little finely powdered sage or poultry dressing may be added.

Roast Turkey

Dress, clean, stuff, and truss a 10-lb. turkey. Place on its side on rack in a dripping pan, rub entire surface with salt, and spread breast, legs, and wings with $\frac{1}{3}$ cup butter, rubbed until creamy and mixed with $\frac{1}{4}$ cup flour. Dredge bottom of pan with flour. Place in oven 500°. Turn switch to "Medium" for 30 minutes, to "Low" heat for 90 minutes, "Off" or stored heat 80 minutes. Total time required, 3 hours 20 minutes. One-half cup of butter melted in $\frac{1}{2}$ cup boiling water should be poured over the turkey after it begins to brown. During cooking turkey may be turned two or three times. Follow general directions for garnishing and serving. For stuffing use double the quantities given in recipe for roast chicken or any desired variation.

Fried Chicken

Prepare chicken, separating at joints and cutting into pieces; dip into cold milk, drain, sprinkle with salt, pepper and dredge with flour. Turn medium sized surface heating unit to "High" and place pan or skillet containing 1 pound of fat; when about heated, turn heating unit to "Medium." Fat is heated when a bread crumb will become browned in 40 seconds. Cook chicken in the fat until well browned and tender. Turn heating unit "Off" several minutes before frying is complete. Serve with cream sauce.

Chicken and Oyster Pie

Line a deep pie plate with plain pie paste. Fill with alternate layers of cooked chicken and oysters that have been steamed in their own juice for a few minutes. Cover with sauce made from oyster liquor and $\frac{1}{2}$ cup rich milk thickened with flour and butter (1 tablespoon flour and 1 tablespoon butter). Season with salt and pepper. Cover with top crust and bake like apple pie for 25 minutes in 450° oven. Turn switch to "Medium" for 5 minutes, to "Low" for 15 minutes, "Off" for 5 minutes.

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

Oven Dinners

The use of the electric oven to cook an entire meal is only one of the many economical features of the "Universal" Range. This method of preparing a meal is both a time and fuel saver. Almost everything in the meat and vegetable line offer combinations from which a variety of menus may be planned.

The temperature of the oven must be considered as much will depend upon the combination of foods selected and length of time necessary for cooking. When cooking the oven meal, use tightly covered cooking utensils for vegetables, with very little water. The cut sides of the meat are first seared to seal and retain the meat juices. No water is added to the meat. A variety of desserts may be cooked with the oven meal such as bread puddings, steam fruit puddings, rice or tapioca, stewed, dried or fresh fruits. Vegetables usually requiring different cooking periods can be successfully cooked at the same time but length of time is fixed by the article taking the longest time to cook.

Oven Dinners Nos. 1, 2 and 3 may be cooked very successfully by placing all food in a cold oven at once, setting Temperature Control at 400° and using the Automatic Timer.

OVEN DINNER NO. 1

Baked Slice Ham

1 slice ham 1 inch thick. Soak for $\frac{1}{2}$ hour in skimmed milk. Drain and cover ham with mixture of cracker meal or crumbs, $\frac{1}{4}$ teaspoon dry mustard and $\frac{1}{4}$ cup brown sugar. Place in drip pan and add $\frac{1}{2}$ cup milk.

Scalloped Potatoes

Peel and dice four medium sized potatoes. Put in pan and par-boil for five minutes. Drain and put in buttered scallop pan or casserole. Season with salt and pepper. Add milk enough to almost cover. Dot with bits of butter.

Spinach

Clean carefully one half peck of spinach, wash and drain. Put in pan and cover closely. Use no water. The spinach will be tender when cooked and retain all the valuable mineral salts. Season to taste before serving.

Creamed White Onions

Peel onions of uniform size and put in pan which can be closely covered. Add $\frac{1}{2}$ cup boiling water. Clamp cover in position. When cooked drain and cover with white sauce made by melting 2 tablespoons of butter, add 2 tablespoons flour and gradually 1 cup milk. Season with salt and pepper. Turn oven switches to "High" preheat to 400°. Turn Broiler or oven top switch off and place all food in oven. Set temperature control at 400° and cook $1\frac{1}{2}$ to 2 hours.

OVEN DINNER NO. 2

4 lbs. Roast Pork

Wipe pork with wet cloth, sprinkle with salt and pepper. Place on rack in roaster pan, and dredge lightly with flour. Place in oven which has been preheated to 450°. Turn on broiler or upper heating unit to sear meat for about 10 minutes. Set temperature control 400°. Turn broiler unit "Off."

Candied Sweet Potatoes

Select potatoes of uniform size. Scrub thoroughly and cook in boiling water on surface cooking unit for twenty-five minutes. Drain, remove skins and slice lengthwise. Lay in buttered baking dish. Melt 2 tablespoons brown sugar with 1 tablespoon butter and brush over sweet potatoes. Add $\frac{1}{2}$ cup hot water.

Carrots and Peas

Select 3 medium sized carrots. Scrape, dice and place in cooking pan. Add $\frac{1}{2}$ cup boiling water. To this add two cups shelled fresh (or canned) peas. Add $\frac{1}{2}$ teaspoon salt. Clamp on cover. When cooked season with butter.

With this dinner serve apple sauce or fried apple rings. For fried apples pare and cut in thick slices, medium sized firm apples. Heat butter or cooking oil in frying pan on surface unit and fry apple slices till soft, turning with spatula. Sprinkle with sugar and cinnamon.

When roast has been in oven $1\frac{1}{2}$ hrs. put the vegetables in. Time $2\frac{1}{2}$ hrs

OVEN DINNER NO. 3

Filipino Roast

1½ lbs. ground steak	¼ teaspoon pepper	3 thin slices bacon
½ lb. ground fresh lean pork	1 small onion	2 cups canned tomatoes
1 green pepper	1 cup soft bread crumbs	1 pimento
1½ teaspoon salt	1 egg	

Combine the ground steak and pork, onion and green pepper, chopped fine, bread crumbs, salt and pepper. Egg slightly beaten, mix thoroughly with fork. Form into loaf and place in roasting pan. Lay strips of bacon over the top and pour tomatoes over and around the meat loaf. Place on top of roast several pimento rings or strips. When roast is cooked make gravy of juices in pan.

Franconia Potatoes

Parboil 6 medium size potatoes ten minutes, drain and place in pan with meat loaf, brush over with melted butter.

String Beans With Cheese

Drain one can of string beans. Add 3 tablespoons of grated cheese and 3 tablespoons of rich milk or cream, ½ teaspoon salt, five grains cayenne. Turn into greased casserole dish, sprinkle with 1 tablespoon grated cheese and spread over all one tablespoon melted butter. Put in oven long enough to delicately brown. Usually 10 to 15 minutes. This is done on stored heat.

Bread Pudding

Soak 3 slices stale bread or 2 cups bread crumbs in 1 quart scalded milk. Set aside to cool. Add ⅓ cup sugar. ¼ cup melted butter and yolks of 3 eggs slightly beaten. Then add ½ teaspoon salt, 1 teaspoon vanilla, ¼ teaspoon cinnamon and 1 cup seeded raisins. Fold in the stiffly beaten egg whites. Turn into a buttered baking dish.

Preheat oven with units to 450°. Turn off broiler unit. Place meat and potatoes in oven and set temperature control at 400°. When meat has cooked ½ hour put the pudding in oven. Total time for all, 2 hours. Turn current off for last 30 minutes.

OVEN DINNER NO. 4

Crab Meat and Tuna Au Gratin

1 large can crabmeat	¼ cup Parmesau cheese	¼ teaspoon pepper
1 small can Tuna	3 tablespoons flour	1½ cupfuls milk
3 tablespoons butter	1 teaspoon salt	

Melt two tablespoons of butter in saucepan, add the flour, salt and pepper, Add the milk gradually, stirring constantly until smooth and thickened. Cover the bottom of a buttered baking dish with a thin layer of the white sauce thus made. Add a layer of crab meat, cover with white sauce, then a layer of Tuna and continue alternating layers until dish is filled. Sprinkle with cracker meal or bread crumbs and cheese. Dot with bits of butter. Bake 12 minutes in 500° oven.

Bake Potatoes

Scrub thoroughly six potatoes of uniform size. Place on rack in oven heated to 450°. Bake 40 minutes. Remove from oven and score top of potato to allow escape of steam.

Baking Powder Biscuit

2 cups flour sifted with 5 teaspoons baking powder, 1 teaspoon salt. Add two tablespoons shortening and mix with tips of fingers. Add gradually one cup of milk, mixing with spatula to soft dough. Toss on floured board and roll to 1 inch thickness. Cut into biscuit and bake 12 minutes in hot oven, 500°.

To prepare this meal. Pre-heat oven to 450°. Set temperature control 450°. Bake potatoes first. Prepare the fish in baking dish and mix biscuit. When potatoes are done, remove from oven to score, set temperature control at 500° and place baking dishes with fish and biscuit in oven. When potatoes have been cut on top put in dish and cover.

Eggs

GENERAL INFORMATION

Always cook eggs, in whatever form, at a low temperature on the electric range or in the electric oven. In the soft egg mixtures bake at a temperature not exceeding 350°; even lower in some cases.*

Scrambled Eggs with Tomatoes

Place 1 teaspoon of fat in frying pan on surface unit on "High" heat. When hot, drop in 1 slice of onion and when it is brown put in 3 tomatoes sliced or the equivalent in cooked tomatoes. When cooked soft, drop in 3 eggs and scramble together. Season highly with paprika and ½ teaspoon of salt. Turn switch "Off" when the eggs are dropped into frying pan, as there will be sufficient heat in the hot plate to finish.

Egg Croquettes

12 croquettes require 6 eggs. When eggs are hard cooked, let stand in cold water until cold, peel and chop fine. Salt, pepper to taste, and add 1 cup thick white sauce; add bread crumbs to make firm paste. Shape in small rolls, dip in milk and bread crumbs. Fry to a pretty brown on surface hot plate, "Medium" heat.

Hominy Omelet

1 cup warm boiled hominy	1 teaspoon salt
1 teaspoon pepper	4 eggs

Separate eggs, beat whites stiff and the yolks till lemon colored; add salt and hominy to the egg yolks, fold into the beaten whites, turn into an omelet pan containing two tablespoons of melted butter or bacon fat and cook as usual. Before folding spread over a thick sauce made by stewing down a pint of canned tomatoes with two cloves till reduced one-half, thickening with a tablespoon of cornstarch wet with a little cold water and seasoning with a half teaspoon onion salt.

Scrambled Eggs and Bacon

½ lb. bacon	Salt
4 eggs	Pepper
¼ cup milk	Dry bread cut into cubes

Fry the bacon and stir in the bread, then stir in the eggs, milk and seasonings well beaten together.

Shirred Eggs for Four Persons in Ramequins

½ cup cracker crumbs	4 eggs
½ cup chopped chicken	Salt and pepper
¼ cup cream	2 tablespoons butter

Mix the melted butter, cream and cracker crumbs together, season to taste. Put about a tablespoonful in each Ramequin. Drop an egg in each and put the rest of the buttered crumbs on top of the egg and bake in a moderate oven.

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

Cheese Dishes

Cheese with Tomato and Corn

1 tablespoon fat	½ cup tomato puree
1½ tablespoons flour	¾ cups corn
1 teaspoon salt	1 pimiento
½ teaspoon paprika	2 cups grated cheese

Melt fat, add flour, salt and paprika. When a smooth paste add the heated tomato puree. Add corn and when mixture is thick and hot, add the grated cheese and pimiento. When well blended, serve on hot toasted bread.

Welsh Rarebit

Turn medium sized surface hot plate to "High," and place double boiler containing 2 cups of milk upon it; when milk is hot, turn to "Low" and add ½ lb. of cheese cut fine, ½ teaspoon of salt, ½ teaspoon paprika, 1 tablespoon butter. When cheese is melted, add 2 eggs beaten well, and if desired, 2 tablespoons of tomato catsup. Turn "Off". Remove, when eggs have thickened. Serve hot on crackers or toast.

Macaroni and Cheese

¾ cup macaroni	2 quarts boiling salted water
	1 tablespoon salt

Break macaroni in inch pieces. Cook in boiling salted water twenty minutes, drain in strainer and pour over it cold water to prevent macaroni sticking together. Make a white sauce of one and a half cups scalded milk, two tablespoons butter and one and a half tablespoons of flour mixed into the butter; season with salt. Put layer of boiled macaroni in buttered baking dish; sprinkle with grated cheese. Repeat and pour over the white sauce, cover with crumbs and grated cheese and bake in oven with temperature 400° until well browned. Turn switch to "Low" 30 minutes, "Off" 30 minutes.

Asparagus and Cheese

1 bunch asparagus	Pepper and salt
2 tablespoons butter	1 cup grated soft bread
2 tablespoons flour	½ cup buttered bread crumbs
2 cups hot milk	4 eggs
	½ cup grated cheese

Make a cream sauce of the butter, flour, milk and seasonings and stir in the crumbs and the eggs, boiled hard and chopped. Boil the asparagus, drain and cut into pieces. Put in the baking dish in alternate layers first asparagus and the sauce, cover with the cheese and bread crumbs and bake until the bread crumbs are well browned. Oven at 375°. Turn switch to "Low."

Eggs and Cheese

2 tablespoons butter	Salt and pepper
2 tablespoons flour	2 tablespoons grated cheese
1 cup milk	3 eggs

Make cream sauce of butter and flour in the shirred egg dish, add seasoning. Break in the eggs and dip some of the sauce over the eggs; cover with the grated cheese and bake 5 or 6 minutes, 350°. Turn switch "Off" at once.

Vegetables

GENERAL INFORMATION

Start the surface hot plates on "High" and reduce to "Low" after boiling point is reached. All green vegetables should be placed over the heating unit in boiling salted water and boiled only until tender. Potatoes and rice, and such starchy vegetables, go into boiling un-salted water; very little water is needed. Starchy vegetables are cooked in covered vessels until tender. Green vegetables in covered vessels also until boiling point is reached; then uncover to prevent toughening, due to boiling too hard.*

Luncheon Peppers

Take as many hot peppers as needed for number served, put in oven for just a moment or two until the outside skin rubs off. Cut peppers and remove seeds; put inside each pepper a piece of cheese about $\frac{1}{4}$ inch thick, roll noodle dough very thin, put pepper and cheese inside, pinch edges together, place in baking dish, cover with tomato sauce and bake about 20 or 30 minutes in moderate oven—350°. Turn switch to "Low."

Lima Beans and Tomato Sauce

- | | |
|------------------------------------|----------------------------|
| 1 pound dried lima beans | 1/8 teaspoon soda |
| 2 tablespoons flour | 2 tablespoons bacon fat |
| 1 1/2 teaspoons salt | 1/2 teaspoon onion extract |
| 2 cups canned tomatoes
strained | 1/8 teaspoon pepper |

Soak beans over night, then drain and parboil with the soda. Drain again, add fresh boiling water, and simmer about an hour and a quarter till tender but not broken. Then melt the bacon fat, add flour, and gradually the tomato; let boil up once, season and pour over the beans. If there is any left over ham or beef in the house, it can be minced and added to this with good results.

Creamed Spinach with Eggs

- | | |
|----------------------------------|----------------------|
| 3 cups boiled or steamed spinach | 2 tablespoons butter |
| 2 tablespoons flour | 1 1/2 cups milk |
| Few grains nutmeg | 1/8 teaspoon pepper |
| 1/2 teaspoon salt | 6 eggs |

Make a white sauce of the butter, flour, milk and seasonings, add spinach, pour into a buttered baking dish and slip on carefully six eggs. Place in oven and cook until eggs are set—about twelve minutes.

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

Salads and Salad Dressings

GENERAL INFORMATION

Use only crisp and well-dried vegetables. Serve chilled. Always arrange artistically.

Hollywood Special

Place a leaf of lettuce on a plate, then one sliced pineapple and a slice of fresh ripe tomato. Serve with Thousand Island Dressing.

Pea Salad

Combine cooked peas, American cheese and sweet pickle cut in small dice and serve with mayonnaise on crisp lettuce leaves.

Asparagus Viniagretté

1 can asparagus	1/8 teaspoon cayenne
1 teaspoon minced parsley	3 tablespoons vinegar
6 drops onion extract	6 tablespoons olive oil
1/2 teaspoon salt	Dash of pepper

Rinse asparagus thoroughly with cold water and drain well. Mix the other ingredients together till well blended, pour over the asparagus, and let stand thirty minutes in a cold place before serving.

Thousand Island Dressing

To a cup of mayonnaise, add 1 tablespoon each: Chopped chives, pimentos, green peppers; the sifted yolk of one hard boiled egg, one teaspoon each paprika, walnut catsup, tarragon vinegar, three or four tablespoons of chili sauce.

Russian Salad Dressing

Mix with a mayonnaise half a teaspoon of paprika, half a cup of chili sauce, four chopped olives, a pinch of salt and three additional tablespoonsful of oil. Beat the dressing well before using. This is delicious with all green salads.

Highly Seasoned Pink Salad Dressing

Mix 10 drops of tabasco sauce, 1/4 teaspoonful of salt, mustard and paprika, 2 tablespoonsful of chili sauce, 2 tablespoonsful of finely chopped pimentos, 10 drops of onion juice, 1/2 teaspoon of cider vinegar; when evenly blended, add a generous tablespoonful of mayonnaise and beat all smoothly.

Mint Sauce

Two tablespoons green mint, chopped fine; 1 tablespoon sugar, 1/2 cup cider vinegar. Mix well together. Let stand in cold place 15 minutes.

Bread, Rolls and Muffins

GENERAL INFORMATION

When baking bread in the electric oven the time of current consumption is about one-half of the baking time, "off" into "fireless baking" the last half of the time. The oven is usually heated to 400° or more, depending upon the quantity of bread to be baked. The upper burner is used only in pre-heating—not in actual baking. Leave the vent one-half open to maintain a normal air condition. Place the baking rack 2½ to 3 inches above the lower heating unit. A great saving is obtained when baking electrically. For the various time required for the different classes of baking, the chart will give you full instructions. Follow carefully to obtain superior results.*

BREAD

1 cup scalded milk	1 tablespoon sugar
1 cup boiling water	1 tablespoon lard
2 teaspoons salt	1 cake Compressed Yeast
6 cups flour	

Put liquid, salt, sugar and lard into a bowl. When lukewarm add yeast cake that has been dissolved in ¼ cup warm water. Stir in half the flour and mix thoroughly. Then add remaining flour and knead dough until smooth and elastic. Put in bowl, cover and set to rise in a warm place. When double its bulk, cut down and form into loaves, place in well greased pans and set to rise again, covering with a clean cloth. Let rise to double its bulk and bake in hot oven or according to temperature directions given in the "Universal" Chart.

In the making of bread the "Universal" Bread Mixer is a wonderful help as it mixes the dough more evenly and quickly than is possible to do by hand kneading and is more sanitary.

Bread baked in the "Universal" Electric Range as indicated on chart will continue to rise and begin to brown during the first fifteen minutes and will finish on lowered temperature and stored heat for the next thirty-five minutes. Loaves will be evenly brown and of fine texture.

Parker House Rolls

2 cups scalded milk	2 teaspoons salt
3 tablespoons butter	1 Yeast Cake dissolved in ¼ cup
2 tablespoons sugar	lukewarm water

Add butter, sugar and salt to milk. When lukewarm add dissolved yeast cake and three cups of flour. Beat thoroughly, cover and let rise until light. Add flour enough to knead (about 2½ cups for this). Let rise again. When risen to double its bulk, knead once more and roll to ⅓ inch thickness. Cut out with biscuit cutter dipped in flour. Then make crease through center of each with floured handle of case knife. Brush over one-half of each piece with melted butter, fold over and press edges together. Place in greased pan ½ inch apart and let rise until light. Bake in oven which has been heated to 475°. Turn switch to "Medium" for 5 minutes, "Low" 10 minutes, then "Off" for 5 minutes. Total time, 20 minutes.

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

Boston Brown Bread

Two cups sour milk or (1 cup sour evaporated milk and 1 cup water may be used); $\frac{1}{2}$ cup cooking molasses, $\frac{2}{3}$ cup water, 1 cup seedless raisins. Add 1 rounding (not heaping) teaspoon soda to above and let foam. This raises the fruit so it will be evenly distributed through the bread. To this add: $\frac{1}{2}$ cup sugar, 1 teaspoon salt, $1\frac{1}{2}$ cups white flour, 1 cup of whole wheat or graham, 1 cup corn meal, 2 teaspoons baking powder. Beat well and add 5 tablespoons melted shortening. Steam in greased pan for 3 hours or bake in oven at 300° heat for $2\frac{1}{2}$ hours. Turn switch to "Medium" 30 minutes, "Low" 2 hours.

Golden Corn Bread

1 cup corn meal	$\frac{3}{4}$ teaspoon salt
1 cup flour	1 cup milk
$\frac{1}{4}$ cup sugar	2 tablespoons melted butter
5 teaspoons baking powder	1 egg

Mix and sift dry ingredients. Add milk, egg well-beaten and butter. Bake in a shallow buttered pan with oven temperature 500°. Turn switch to "Medium" for 5 minutes, "Low" for 5 minutes, "Off" 10 minutes.

Standard Rule Baking Powder Biscuit

2 cups flour	1 teaspoon salt
5 level teaspoons baking powder	2 tablespoons lard
	Milk enough to make a stiff dough

Mix and sift dry ingredients. Rub lard through with finger tips until well mixed. Add milk gradually, using knife to mix, until you have a soft dough. Toss on floured board and roll lightly to $\frac{1}{2}$ inch thickness. Cut out with floured biscuit cutter and bake in hot oven 12 minutes, 500°. (See chart).

Cheese Biscuit

To Baking Powder Biscuit mixture add $\frac{1}{2}$ cup of grated cheese, roll out $\frac{3}{4}$ inch in thickness, cut with small round cutter 1 inch in diameter and bake as above.

Deviled Ham Biscuit

Take standard rule of Baking Powder Biscuit, roll thin, brush with melted butter, spread with deviled ham, roll up like jelly roll and cut off in pieces 1 inch thick. Place cut side down on greased tin sheet and bake 15 minutes 475°. Turn switch to low for 15 minutes.

One-Egg Muffins

3 $\frac{1}{2}$ cups flour	1 $\frac{1}{3}$ cups milk
6 teaspoons baking powder	3 tablespoons melted butter
1 teaspoon salt	1 egg
4 tablespoons sugar	

Mix and sift dry ingredients; add gradually milk, egg well beaten and melted butter. Bake in buttered gem pans 25 minutes. This recipe makes 30 muffins. Use half the proportions given and a small egg, if half the number is required. Pre-heat 425°. Turn switch to "Low" for 10 minutes, "Off" 15 minutes.

Orange Tea Biscuit

Take standard rule Baking Powder Biscuit, roll out $\frac{3}{4}$ inch thick and cut with a round cutter 1 inch in diameter, place close together on a greased tin sheet, break 16 lumps demi-tasse loaf sugar in halves and squeeze $\frac{1}{2}$ cup of orange juice, dip pieces of sugar, one at a time, in orange juice and push a piece down the center of each biscuit. Grate orange rind over each biscuit. Bake 15 minutes—475°. Turn switch to "Low."

Blueberry Muffins

$\frac{1}{4}$ cup butter	4 teaspoons baking powder
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	1 cup milk
$2\frac{2}{3}$ cups flour	1 cup berries

Cream the butter; gradually add sugar and egg well beaten; mix and sift flour, baking powder, and salt, reserving $\frac{1}{4}$ cup flour to be mixed with berries and added last; the remainder alternately with milk. Fill muffin tins two-thirds full with mixture and bake in oven with temperature 450° for 25 minutes. Turn switch to "Low" as soon as muffins are put in oven for 15 minutes, then "Off."

Luncheon Rolls

$2\frac{1}{2}$ cups flour	4 tablespoons butter or half lard
2 teaspoons sugar	and half butter
$3\frac{1}{2}$ teaspoons baking powder	1 egg
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk

Sift together dry ingredients, work in butter with finger tips, then add the egg and milk, and pat to $\frac{1}{4}$ inch thickness on a floured board. Cut in rounds, brush each one with melted butter, and crease each round with a case knife. Fold over and bake 15 minutes in a quick oven, 450°. Turn switch to "Low" for 15 minutes.

Scotch Scones

1 cup flour	$\frac{1}{3}$ cup raisins (seedless) or
1 teaspoon cream tartar	currants
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup buttermilk
4 tablespoons shortening	1 egg
2 tablespoons sugar	1 teaspoonful salt

Mix dry ingredients, then add others as in biscuits, roll, cut in triangle shape. Bake same as biscuits—500°. Turn switch to "Low" 12 minutes.

Apple Muffins

3 tablespoons butter	$\frac{3}{4}$ cup milk
$\frac{1}{3}$ cup sugar	2 cups flour
$\frac{1}{4}$ teaspoon salt	3 teaspoons baking powder
1 egg	2 cups chopped apples

Cream butter, add sugar gradually, then the egg well beaten. Sift together dry ingredients and add apple. Add alternately with milk to muffin mixture and bake 25 minutes in well oiled gem pans in a moderate oven, 425°. Turn switch to "Low" for 10 minutes, "Off" 15 minutes.

Krummel Torte

2 eggs beaten very light	1 teaspoon baking powder
1 cup sugar added gradually	1 cup chopped nuts
½ cup bread crumbs, very fine	1 cup chopped dates

Mix very well and bake about ¾ hour in shallow pan. Cut into squares and serve with whipped cream—375°. Turn switch to “Medium” 10 minutes, “Low” 15 minutes, “Off” 20 minutes.

Apple Roll

Roll Baking Powder Biscuit mixture to ¼ inch in thickness, spread with thinly sliced apple, sprinkle with ¼ cup sugar, 1 teaspoon of cinnamon, roll up like a jelly roll and cut in slices. Make a syrup of 1 cup of sugar and ½ cup water and cook 5 minutes. Pour in bottom of baking pan, place in your slices of dough and bake as above. Serve with lemon sauce or whipped cream. Fresh or canned apricots or peaches may be used in place of apples.

Oatmeal and Date Cookies

One cup brown sugar creamed with ½ cup butter, 2 eggs well beaten, 5 tablespoonsful clabbered cream or sour milk, 1 teaspoon each nutmeg and cinnamon, 2 cups rolled oats, 1 teaspoon soda, 2 cups flour, ½ cup chopped raisins or dates, 1 cup nut meats. Drop. Delicious.

Soft Ginger Bread

¾ cup molasses	3 cups flour
1 cup brown sugar	1 teaspoon ginger
½ cup butter	1 teaspoon cinnamon
1 cup sour milk	1 teaspoon soda
3 eggs	

Cream butter and sugar. Add molasses, then eggs, one at a time. Beat thoroughly. Dissolve soda in sour milk. Sift flour and spices and add flour and sour milk alternately to original mixture. Bake in gem tins or cake pans. Have oven temperature 425°. Turn switch to “Low” for 15 minutes, “Off” for 10 minutes. Time required 25 minutes. This makes a nice dessert served with whipped cream.

Waffles

Before using Iron first time paint the grids with a small amount of cooking oil while Iron is cold and then heat.

2 cups of flour	1 teaspoonful of salt
2 cups of milk	3 teaspoonfuls of baking powder
2 eggs, beaten separately	4 tablespoonfuls of melted butter

Add beaten yolks to milk, flour, baking powder, salt and butter. Add stiffly beaten whites last. This recipe makes 24 waffles. Connect cord to range “Convenience Outlet.”

Pastry

GENERAL INFORMATION

Plain pastry is baked in the electric oven at 400°-450°. Puff pastry at 500°. For example, soft crust apple pie requires about 30 minutes at 400°; pastry shell alone should be baked 7—8 minutes at 500°, and as in other baking, the latter half of the time heat control is "Off." Handle pastry very little and as cold as possible. Fat used will determine the texture of the crust. **Lard makes soft crusts; butter crisp crusts.** High temperature perfects the finish.*

Lemon Pie

Make crust same as directions for Apple Pie and line pie plate with same. Use filling made as follows:

$\frac{3}{4}$ cup sugar	2 egg yolks
$\frac{3}{4}$ cup boiling water	3 tablespoons lemon juice
2 tablespoons Corn starch	Grated rind 1 lemon
2 tablespoons flour	1 teaspoon butter

Mix corn starch, flour and sugar, add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks, and rind and juice of lemon. Turn in mixture which has been cooled, and bake until pastry is well browned. See chart. Cool slightly, and cover with meringue made as follows:

Beat stiffly the whites of two eggs, add gradually two tablespoons of powdered sugar and one-half teaspoonful of lemon juice. Spread lightly on pie which has slightly cooled, return to oven and bake for 15 minutes in slow oven. The stored heat should be sufficient.

Apple Pie

Plain Pie Paste (2 Crusts)

$1\frac{1}{2}$ cups flour	$\frac{1}{3}$ cup lard
$\frac{1}{2}$ teaspoon baking powder	3—5 tablespoons ice water
$\frac{1}{2}$ teaspoon salt	

Sift dry ingredients together; cut in lard with the aid of two knives and add sufficient ice water to make a soft paste. Divide into equal parts, roll and shape for crusts.

Filling

Line a pie pan with plain paste and heap high with layers of thinly sliced apples. Dredge with $\frac{2}{3}$ cupfuls of sugar and dot over with 1 tablespoon of butter, a few drops of lemon juice and sprinkle with cinnamon and nutmeg. Brush the edge of the paste with cold water. Perforate upper crust and place; trim the edge and press tightly together.

FOLLOW CHART FOR BAKING

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

Pumpkin Pie

$\frac{1}{2}$ cup pumpkin pulp $\frac{2}{3}$ cup brown sugar 1 teaspoon cinnamon $\frac{1}{2}$ teaspoon ginger—salt	2 well beaten eggs 2 cups milk—the richer the better Piece butter—melted
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Bake slowly in pie tin lined with pastry.

Cocoanut Custard Pie

2 cups milk 6 tablespoons sugar $\frac{1}{2}$ teaspoon vanilla	3 tablespoons powdered sugar 3 eggs 1 teaspoon melted butter $\frac{1}{4}$ cup cocoanut
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Beat egg yolks with sugar, butter and vanilla; add milk and cocoanut; line a deep pie plate with pastry, pour in the mixture and bake in a moderate oven. When nearly done spread over a meringue made of the egg whites and three tablespoons of powdered sugar, and bake 10 minutes longer in a very slow oven.

Chocolate Pie

2 cups sweet milk 3 tablespoons grated chocolate $\frac{3}{4}$ cups sugar	Yolks of two or three eggs 2 tablespoons flour 1 teaspoon vanilla
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Heat milk and chocolate together, then add sugar, yolks and flour beaten to a cream. Save whites for the top and brown.

Cherry Pie

Line a pie pan with pastry; fill with stoned cherries; add juice, $\frac{3}{4}$ cup of sugar and 2 tablespoons flour. Dot over with 2 teaspoons butter. Brush edge of pastry with cold water and add the upper crust. Press the edges close together. Pre-heat oven to 425°. Put pie in the oven and use lower unit "Medium" 20 minutes, "Low" 10 minutes, and "Off" 10 minutes.

Rhubarb Pie

Skin the stalks and cut with the coarse cutter. Line the plate with pie crust and fill with the fruit. Sprinkle thickly with sugar. A few seeded raisins also chopped may be added if liked. Cover with crust and bake three-quarters of an hour.



Cakes and Cake Icings

GENERAL INFORMATION

Cakes—Frosting

Cake baking in a "Universal" oven is done at a given and continuous temperature. The three-heat switch control makes it possible to keep just the right temperature for the different baking operations. Various cake mixtures call for a different degree of heat to determine the texture; for example, butter cakes require quicker ovens than sponge cake mixtures. Angel Food and Sunshine Cake require slower ovens. Cake temperature to be maintained in the "Universal" oven should be as below.*

Slow oven	250 to 325 degrees
Moderate	325 to 375 degrees
Quick	400 to 450 degrees
Very hot	500 degrees

White Layer Cake

½ cup butter	2 cups cake or pastry flour
1 cup sugar	3 teaspoons baking powder
3 eggs	¼ teaspoon salt
½ cup milk	1 teaspoon flavoring extract

Cream butter and sugar. Sift flour, baking powder and salt together three times. Beat thoroughly one egg at a time into creamed butter and sugar. Add milk and sifted flour alternately. Use any desired flavor. Bake in two well greased layer pans. Oven temperature 425°. Turn switch to "Low" 15 minutes, "Off" for 10 minutes. Total time, 25 minutes.

Boiled Icing for the above:

1 cup granulated sugar	White 1 egg
½ cup cold water	½ teaspoon vanilla

Put sugar and water in saucepan and stir to prevent sugar from adhering to saucepan; heat gradually to boiling point, add ⅛ teaspoon cream tartar and boil without stirring until syrup will thread when dropped from tip of spoon or tines of silver fork. Pour syrup gradually on beaten white of egg, beating mixture constantly and continue beating until of right consistency to spread. Flavor.

Fruit Cake

½ lb. fat pork	½ teaspoon soda
½ pint strong coffee on pork	½ cup water
1 cup brown sugar	1½ lbs. raisins
½ cup molasses	1 lb. currants
½ teaspoon lemon	½ lb. citron
½ teaspoon vanilla	½ lb. cherries
Spices to taste—½ cinna- mon—¼ nutmeg	½ lb. orange and lemon peel

Mix, chop pork, pour strong hot coffee, put in sugar and molasses, add spices, then add enough flour to make soft dough. Add chopped nuts and the rest of flour with 1 teaspoon baking powder. Bake in slow oven, 300°, 3 to 4 hours. Turn switch to "Medium" for 2 hours, "Low" for 1 hour, "Off" 1 hour.

*See "Universal" Cooking Chart page 35 for Oven with Temperature Control.

Standard Cake Formula

$\frac{1}{2}$ cup butter	1 cup milk
1 cup sugar	2 eggs
$2\frac{1}{2}$ cups flour	1 teaspoon vanilla
$2\frac{1}{2}$ teaspoons baking powder	pinch salt

Cream butter, adding sugar gradually, then continue creaming until light and fluffy. Add 2 eggs, well beaten, then the flour, baking powder and salt, which have been sifted together, alternating with the milk to the first mixture. Beat well for a few minutes. Turn into greased and floured cake pan and bake 40 to 50 minutes in a 375° oven. Turn switch to "Medium" 10 minutes, "Low" 15 minutes, "Off" 20 minutes.

Chocolate Mocha Cake

$1\frac{1}{2}$ squares Baker's chocolate	2 level teaspoons baking powder
Piece of butter, size of egg, melted together	1 cup milk
2 cups pastry or cake flour	2 eggs broken right into mixture without beating
1 cup sugar	

Beat all thoroughly. Add melted chocolate and butter. Mix well, add 1 teaspoon vanilla. Bake in layer pans. Cake may be put in oven at from 350° to 400° and switch turned at once to "Low" for 15 minutes, then "Off" for 5 minutes.

Crumb Cake

Sift together 1 cup sugar, 2 cups flour. Add $\frac{1}{2}$ cup butter and mix with hands as pie crust. Set aside $\frac{2}{3}$ cups of this and sprinkle over cake just before placing in the oven.

To the rest of the mixture add:

1 well beaten egg	$\frac{1}{4}$ teaspoon cloves
1 cup raisins—chopped	$\frac{1}{2}$ teaspoon nutmeg
1 cup nuts	1 teaspoon soda dissolved in warm water
$\frac{3}{4}$ cup ground chocolate	1 cup sour or butter milk
1 teaspoon vanilla	
1 teaspoon cinnamon	

Bake like ginger bread.

Pound Cake

1 cupful butter	1 teaspoon cream of tartar
2 cupsful sugar	$\frac{1}{2}$ teaspoon soda
4 eggs	$\frac{1}{2}$ cupful milk
3 cupsful pastry flour	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon mace

Cream together butter and sugar until very light, then add the yolks of eggs beaten until thick and lemon colored. Beat again. Mix and sift together four times, flour, salt, cream of tartar and soda. Add to first mixture alternately with milk. Beat well, add the vanilla and mace and last, fold in the egg whites stiffly beaten. Bake in a greased and floured tube cake pan 45 minutes— 375° . Turn switch to "Medium" 10 minutes, "Low" 15 minutes, "Off" 20 minutes.

Shortcake

2 cups flour	1 teaspoon salt
4 teaspoons baking powder	3 tablespoons lard
About $\frac{3}{4}$ cup of milk	

Mix and sift the dry ingredients. Work in lard with tips of fingers. Add milk, mixing with knife to make a soft dough. Divide dough into two equal parts, roll or pat into shape for layer pan. Spread one-half with butter, place other layer on top of this and bake in hot oven for 15 minutes with temperature 500° . Split layers and fill with fruit. Use strawberries, peaches or any other desired fruit.

Apple Sauce Cake

2½ cups flour	}	sifted together
Pinch of salt		
1 teaspoon baking powder		
2 teaspoons mixed spices		
1½ cups sugar		1 cup apple sauce—must be very dry
½ cup butter		½ cup raisins
2 eggs		¾ cup chopped nuts

Cream butter and sugar. Add eggs unbeaten one at a time and beat well. Then add ½ cup of apple sauce and dry ingredients. Beat well, and when **cake is all ready** (pans, oven and all) add lastly ½ cup apple sauce with 1 teaspoon soda beaten into effervescence. Bake in two layers. 25 minutes—425°. Turn switch to "Low" 15 minutes, "Off" 10 minutes.

Filling for Above—1 egg white in cup. Fill with creamed butter and powdered sugar. Flavor to taste with vanilla and nutmeg.

Hot Water Sponge Cake

2 eggs	1½ cups flour
1 cup sugar	½ cup hot water
Salt and flavoring	1 round teaspoon baking powder

Sift flour, salt and baking powder together. Beat the yolks and sugar; add the flour and water alternately. Flavor to taste. Lastly fold in the whites of the eggs beaten stiff. Bake in small loaf pan. Place in oven with temperature 375°. Turn switch to "Low" for 10 minutes, "Off" for 40 minutes. Total time in oven, 50 minutes.

Cream Puffs

1 cup water	1 cup flour
½ cup butter	4 eggs

Bring to a boil 1 cup water, ½ cup butter. Add 1 cup sifted flour. Stir rapidly until mixture leaves side of pan. Remove from hot plate, add eggs—one at a time, beating well each time. Drop on a well oiled cookie sheet one tablespoon of mixture at a time. Th's will make one dozen puffs. Place in oven with temperature 475°. Turn switch to low. Total time—45 minutes.

Whipped Cream Fillings

1 pint cream	Beat cream until stiff, add salt, sugar and vanilla
⅛ teaspoon salt	
⅓ cup conf. sugar	
1 teaspoon vanilla	

Golden Gate Cake

1 cup sugar	½ cup sweet milk
½ cup butter, scant	2 teaspoons baking powder
Yolks of 8 eggs	1 teaspoon flavoring
1¾ cups flour	

Cream butter and sugar. Add well beaten yolks, then add other ingredients. Bake 45 to 50 minutes in tube cake pan—375°. Turn switch to "Medium" for 10 minutes, "Low" for 15 minutes, "Off" for 20 minutes.

Portland Rose Cake

½ cup butter	½ cup thin milk
1¼ cups granulated sugar	2 teaspoons baking powder
5 egg whites	2 cups sifted flour
1 teaspoon flavoring	

Cream butter and sugar. Add 2 unbeaten egg whites one at a time and beat hard. Alternate flour and milk. Add flavoring, rose and vanilla. Add baking powder in last of flour, and lastly fold in 3 well beaten whites. Bake in deep loaf pan 45 minutes—375°. Turn to "Medium" for 10 minutes, "Low" for 15 minutes, "Off" for 20 minutes.

Angel Food Cake

1 cupful egg whites	1 cup pastry flour
Pinch of salt	1 teaspoon cream of tartar
1¼ cups granulated sugar	2 teaspoons extract.

Sift flour once before measuring, then four times—sugar four times. Beat egg whites and salt to a foam. Add cream of tartar and whip until very stiff. Add sugar and fold in, then flavor and fold flour in. Start with cold oven, keeping oven switch on "High" until thermometer registers 350°. Then turn switch to "Low." Turn switch "Off" last 10 minutes of baking. Total time 50-60 minutes.

Chocolate Fudge Cake

Chocolate Mixture—	1 cup sugar } creamed
½ cup grated chocolate	½ cup butter }
½ cup sweet milk	2 well beaten eggs
½ cup sugar	¾ cup milk
Melt over hot water and cool	½ teaspoon vanilla

Into this stir the above chocolate mixture. Add 2 cups pastry flour with which has been sifted 2 level teaspoons baking powder. Bake two large layers. 25 minutes, 425°. Turn switch to "Low" for 15 minutes, "Off" for 10 minutes.

Sunshine Cake

Whites of 7 eggs	1 teaspoon lemon extract
Yolks of 5 eggs	1 teaspoon cream of tartar
1¼ cups sugar (some powdered)	1 cup flour (pastry)

Beat whites of eggs until dry. Add sugar gradually. Add egg yolks beaten until light, then the extract. Sift cream of tartar with the flour and cut and fold into mixture. Bake 50-60 minutes in a moderate oven. See chart.

Cocoa Butter Cream

Work ⅓ cup washed or fresh sweet butter until very light. Add 1 cup sifted confectioner's sugar and ½ teaspoon vanilla very gradually. Beat until light and creamy. To this mixture add two tablespoons dry cocoa. Whip 4 tablespoons of cream and fold with other ingredients. Blend well and use as filling for layer or surprise cakes.

Spanish Frosting

Beat whites of 2 eggs and add 1 cup brown sugar and spices to taste. Put on top of cake before baking and bake in slow oven.

Old-Fashioned Boiled Frosting

One cup granulated sugar, 4 tablespoons cold water. Boil together until it threads. Then beat it slowly into the beaten white of 1 egg. Add 1 teaspoon of flavoring.

To vary the above: Add dropped raisins, nuts, cherries, figs, dates, etc. Makes an excellent filling.

Mocha Frosting

2 cups confectioner's sugar 1 tablespoon butter
2 teaspoons cocoa 1 teaspoon vanilla
Enough hot coffee to mix so that it will spread

Put between layers and on top of cake.

Icing

Add maple syrup to maple confectioner's sugar until right consistency is spread.

Fig Filling

$\frac{1}{2}$ cup figs finely chopped $\frac{1}{2}$ cup boiling water
 $\frac{1}{2}$ cup sugar 1 tablespoon lemon juice

Mix in order given and cook in double boiler until thin enough to spread.

Fluff Icing

One cup granulated sugar, 3 tablespoons cold water, 1 egg white. Stir together in double boiler and put over boiling water. Beat with egg beater for 7 minutes. Add 1 teaspoon flavoring.

Ice Cream Frosting

In saucepan put $1\frac{1}{2}$ cups sugar and $\frac{1}{2}$ cup water. Put over fire and stir until dissolved. Wash down sides of pan with pastry brush or piece of cheesecloth dipped in cold water as soon as syrup boils. Add $\frac{1}{4}$ teaspoon cream of tartar and boil without stirring. Beat 2 egg whites until light and add slowly one spoonful of boiling syrup and continue beating. Add another spoonful of syrup in the same way and then a third. Continue beating until syrup reaches 238° F. or will spin a thread 10 inches. Remove from fire and pour very slowly into egg whites. Beat until stiff enough to hold its shape. Spread on top and sides of cake and cover with melted chocolate.

Fudge Frosting

Two squares chocolate, 2 cups sugar, $\frac{2}{3}$ cup milk, 2 tablespoons butter, 1 teaspoon vanilla, few grains salt. Melt the chocolate and butter in saucepan over hot water. Add sugar gradually until thoroughly blended with the chocolate. Add liquid, place on range, bring slowly to boiling point, being careful that the sugar is thoroughly dissolved before boiling point is reached, stirring constantly and gently back and forth. Cook to 234° or a soft ball when tried in cold water, keeping the sides of the pan washed down with pastry brush dipped in cold water. Turn onto marble slab or agate tray or platter which has been sprinkled with cold water. Cool and add vanilla and salt. When cool, work with a spatula until the whole mass is a creamy consistency. Place in top of double boiler over hot water, remelt, and turn onto cake. This makes a delicious fudge frosting and may also be used for a layer cake filling.

Time Chart to Be Used with Temperature Control.

		Total Time
FRUIT CAKE, such as Christmas or Wedding Cake	Bake in a 300° oven	3 to 4 hours
SPICE CAKE, or inexpensive Fruit Cake....	" " " 300° "	$1\frac{1}{4}$ hrs.
ANGEL CAKE, in tube pan. Starting with cold oven to 325 or 350°	" " "	1 hour
SUNSHINE OR SPONGE CAKE	" " " 325° - 350°	1 hour
CHEAP SPONGE OR LAYER CAKE.....	" " " 350° "	30 min.
POUND CAKE	" " " 350° "	1 hour
BUTTER CAKES, in loaf or sheet	" " " 350° "	45 m.-1 hr.
BUTTER CAKES, such as Cup Cakes, Layer Cakes	" " " 375° "	20-25 min.

Puddings

GENERAL INFORMATION

Eggs and milk in puddings require a low temperature, either on surface or in oven—protect from high temperatures. Oven 300° or less; surface unit “Low.” Don’t over-cook.*

Mrs. Miller’s Suet Pudding

- | | |
|---------------------------|---------------------------|
| 1 cup molasses | ½ cup currants |
| 1 cup sweet milk | 2½ cups flour |
| 1 cup suet (chopped fine) | ½ teaspoon soda, salt and |
| 1 cup raisins | allspice |

Steam 2 hours.

French Rice Pudding

- | | |
|---------------------|----------------------|
| 1½ cups cooked rice | 1 teaspoon flavoring |
| 2 cups milk | ½ cup raisins |
| 2 eggs | |

Cook slowly for about 45 minutes when set, and brown. Spread raspberry jam over the top, and then a meringue, and brown. Oven temperature 350°.

Date Pudding

- | | |
|------------------------------|---------------------|
| 1 pkg. dates (chop or grind) | 1 cup sugar |
| 1 cup hot water | 1 egg |
| 1 teaspoon Lemon juice | 1 tablespoon butter |
| Mix the above and let cool | 1½ cups flour |
| 1 cup English walnuts | |

Plum Pudding

- | | |
|-----------------|---------------------------|
| 3 cups flour | 2 teaspoons baking powder |
| ½ cup butter | 2 cups raisins |
| 1 cup sugar | 2 cups currants |
| 1 teaspoon salt | 2 eggs |
| 1 nutmeg | Milk enough to wet flour |

Divide into 3 puddings, tie in cloth and boil 2 hours.

Cup Custard (Caramel)

- | | |
|---------------------|--------------------|
| 4 cups scalded milk | ½ teaspoon salt |
| 5 eggs | 1 teaspoon vanilla |
| | ½ cup sugar |

Put sugar in saucepan, stir constantly over boiling unit until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over, as is liable on account of high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then strain into buttered cup moulds. Place cups in oven with temperature 425°. Turn switch at once to “Low” for 20 minutes, “Off” for 10 minutes. Total time, 30 minutes. Bake as custard. Chill, and serve with Caramel Sauce.

*See “Universal” Cooking Chart page 35 for Oven with Temperature Control.

Rhubarb Pudding

Chop enough rhubarb to nearly fill your baking dish, using the coarse cutter, and sprinkle sugar over it. Mix in another dish one cup of sour milk, two eggs, butter the size of an egg, one-half teaspoonful of soda and flour to make a batter as for cake. Spread over the rhubarb and bake until done. Turn out on the platter upside down and serve with cream and sugar.

Snow Pudding With Nuts

Dissolve one-fourth of a box of gelatine in one teacupful of warm water. Squeeze two lemons and put a cupful of sugar with it into the dissolved gelatine. Let it come to a boil and strain. Cool and add the beaten whites of two eggs. Beat three-quarters of an hour with an egg beater. Chop up the desired quantity of nuts, using the medium cutter, and mix with the pudding. Drop a candied cherry or a small spoonful of jelly into the bottom of a punch cup or small glass and cover with the pudding to within one-half inch of the top of the glass. Set away to get cold and stiff. When ready to serve, fill the glass with whipped cream and put a candied cherry or the jelly on the top.

Apple Pudding

Cream two tablespoons of butter and one-half cup of sugar, add the well-beaten yolks of four eggs and the juice of one lemon. Grate the rind of the lemon and six tart apples, using the fine cutter. Mix with the beaten whites of the four eggs and season with cinnamon or nutmeg, pulverized with the same cutter, and bake. To be eaten cold with cream or the pudding sauce where given.

Brown Betty

To one-third of a tumbler of bread crumbs, add two-thirds of apples, both chopped with the coarse cutter, after having soaked the bread in three cups of milk until soft. Add one-half tumbler of sugar, one egg broken into the mixture, one teaspoonful of butter and a little nutmeg grated with the fine cutter. Stir thoroughly and bake like a custard. Bread pudding can be made by omitting the apples and putting in a full tumbler of bread.

Caramel Sauce

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup boiling water
 Melt sugar as for Caramel Custard, add water, and boil 10 minutes. Cool before serving.

Pudding Sauce

Heaping tablespoon butter—soften and cream it with $\frac{3}{4}$ cup of powdered sugar. When thoroughly creamed, add 1 well beaten egg yolk and just before serving add 1 well beaten egg white and 1 teaspoon flavoring.

American Rich Sauce

Two eggs—beat yolks and whites separately—then put together; $\frac{3}{4}$ cup powdered sugar and $\frac{1}{4}$ melted butter; pinch salt, 1 teaspoon flavoring.

Pickles and Relishes

Mixed Pickles

Small silver skin onions, 1 qt.	Salt, 1 cup
Small green tomatoes, 1 qt.	Red peppers, 3
Cauliflower, 1 hd.	White vinegar, 2 qts.
String beans, 1 qt.	Corn syrup, 2 cups
Small cucumbers, 1 qt.	Whole mixed spices, 2 tablespoons

Cut all vegetables except the beans into good sized pieces; sprinkle with salt and allow to stand overnight covered with water. Drain. Cook the beans in water with a little salt until tender. Drain. Mix the vinegar, syrup and spices together and bring to the boiling point. Add the vegetables and let cook ten minutes. Pack in jars; fill to overflowing with hot vinegar mixture. Seal. Yield, 2 qts., 1 pint.

Picalilli

2 qts. green tomatoes	5 cups dark corn syrup
2 qts. cabbage or celery	1 teaspoon pepper
1 qt. onions	2 tablespoons mustard seed or
2 green peppers	2 teaspoons ground mustard
3 red sweet peppers	1½ teaspoons paprika
1 cup salt	2 qts. vinegar

Chop the vegetables. Sprinkle them with salt and let stand over night. Drain and press out as much liquid as possible. Pour on the vinegar, add syrup and spices. Cook 1 hour. Put into sterilized jars. Mixture may be boiled 2 hours without sprinkling with salt and standing over night.

Chili Sauce

9 ripe tomatoes	1 tablespoon mustard
2 green peppers	1 teaspoon cloves
2 large onions	1 teaspoon ginger
2 cups vinegar	1 teaspoon nutmeg
3 tablespoons dark corn syrup	1 tablespoon celery seed
1 tablespoon salt	½ teaspoon cinnamon

Cut vegetables fine, add seasonings and cook about 1½ hours. Put in sterilized bottles or jars and seal.

Spiced Gooseberries

1½ quarts gooseberries	½ cup vinegar
3 cups sugar	1 teaspoon cinnamon
	½ teaspoon cloves

Make a syrup of sugar and vinegar and spices. Heat to boiling and cook to the consistency of jam.

BALANCED RATIONS

Health and efficiency depend not merely on plenty of well cooked food, but mainly on balanced rations. Meals should contain food elements in correct proportions to provide for the growth, heat, energy and repair of the body. According to the various needs of the body, food is thus classified :

1. PROTEIN OR MUSCLE BUILDERS.

Meat, fowl, eggs, fish, milk, cheese, nuts, dried peas, beans and lentils.

2. CARBOHYDRATES OR FUELS YIELD HEAT AND ENERGY.

- (a) SUGARS—Candy, syrups, honey, cakes, preserves, etc.
- (b) STARCHES—Potatoes, cereals, breads, crackers, macaroni, cocoa, cornstarch, bananas, etc.
- (c) VEGETABLE FIBRE OR CELLULOSE—Gives bulk to food and aids in proper elimination. Bran, coarse breads, unpared fruits, vegetables with woody fibre, etc.

3. FATS. FOR STORING HEAT AND ENERGY.

Cream, butter, lard, oil, fat meat, chocolate, fried foods, etc.

4. MINERAL MATTER. AIDS IN FORMING BONES AND TEETH. IS NECESSARY FOR PROPER FUNCTIONING.

Green vegetables, fresh and dried fruits, whole grain cereals, etc.

5. WATER—UNIVERSAL SOLVENT. NECESSARY TO LIFE.

Found in fruits and vegetables, in addition to which one should drink from three to five pints daily.

6. VITAMINES. THE SPARK OF LIFE.

Not thoroughly understood, but necessary for health. Found in butter, animal fat, margarines, eggs, milk, meats, nuts, vegetables and the outer coverings of grains.

DIRECTIONS FOR COLD PACK CANNING

Canning fruits and vegetables using the heated air of the "Universal" Electric Oven.

1. Vegetables and fruits should be as fresh as possible. Can the same day they are purchased or picked.
2. Have ready—large pan or holder in which sterilizing is to be done. Large pan of boiling water for use in blanching. Tea kettle of boiling water for filling jars when packed with vegetables.
3. Test jars, rubbers, tops and sterilize. Let stand in hot water until ready to use.
4. Blanch such fruits and vegetables as tomatoes, beets, carrots, corn, beans, peaches, pears, etc., in boiling water. Blanch green vegetables, such as asparagus, peas, etc., in steam, using colander, within a tightly covered receptacle.
5. Cold dip. Remove fruit or vegetable immediately from cold water.
6. Pack jars firmly, but carefully, with fruit or vegetables, leaving $\frac{1}{2}$ inch at top of jar. Add syrup to fruit, boiling water and salt to vegetables, liquid to cover.

Adjust rubbers and tops. Half clamp if glass top and screw loosely, metal top.

Preheat oven to 300°, using lower oven heating element. Have rack in third slide from oven bottom. Place jars in dripping pan or any shallow pan. They will be easier to handle when removing from oven. DO NOT let jars touch.

Oven temperature may be kept at from 250° to 300°. Do not exceed 300°. When the liquid begins to boil begin to count the time.

Screw tops very tight or complete clamping as soon as jars are removed from oven.

The process of canning in electric oven accomplishes the same desired results as the hot water bath on the surface hot plate. The use of the heated air takes the place of the hot water.

One teaspoonful salt to boiling water per quart jar.

Thin syrup—One part sugar to four parts water.

Medium syrup—One part sugar to three parts water.

Thick syrup—One part sugar to two parts water.

For small fruits.

Raspberries	}	Look over carefully. Cold dip, remove at once and pack in jars.
Cherries		
Blackberries		
Plums		
Gooseberries		

Count after boiling point is reached. 20 minutes for quart jars. 16 minutes for pint jars.

Apples	}	Blanch 1½ minutes then cold dip.
Pears		
Peaches		Quarts—24 min. Pints 20 min.
Rhubarb		

Vegetables

Asparagus	Blanch 12 min.	
Cauliflower	" 4 "	Quart jars
Peas	" 6 "	90 min.
Beans	" 6 "	Fill jar with boiling wa-
Carrots	" 2 "	ter and add one teaspoon
Tomatoes	" 2 "	salt to each quart.
Beets	" 6 "	24 min.
		180 min.

**Cooking Chart showing preheating temperatures, positions of baking switch, duration (in time)
total baking time for operations as shown**

Food Product	Preheat Oven	HIGH or	Turn Switch to MEDIUM	Turn Switch to LOW	Turn oven Switch OFF	Total Time in Oven	Remarks
Bread	450°		15 min.	15 min.	20 min.	50 min.	Rack on 2nd notch above heating unit.
Parker House Rolls	475°		5 min.	10 min.	5 min.	20 min.	Rack placed in 3rd notch above heating unit.
Baking Powder Biscuit	500°			12 min.			Rack on 2nd notch above heating unit.
Short Cake	500°		5 min.	10 min.	15 min.	15 min.	Rack on 2nd notch above heating unit.
Muffins	425°			10 min.	15 min.	25 min.	Rack on 2nd notch above heating unit.
Corn Bread	500°		5 min.	5 min.	10 min.	20 min.	Rack on 2nd notch above heating unit.
Ginger Bread	425°			15 min.	10 min.	25 min.	Rack on 2nd notch above heating unit.
Layer Cake	425°			15 min.	10 min.	25 min.	Rack on 2nd notch above heating unit.
Sponge Cake	375°			10 min.	40 min.	50 min.	Rack on 3rd notch above heating unit.
Loaf Cake	375°		10 min.	15 min.	20 min.	45 min.	Rack on 3rd notch above heating unit.
Apple Pie	450°		5 min.	15 min.	20 min.	40 min.	Rack on 3rd notch above heating unit.
Lemon Pie	450°		5 min.	20 min.	10 min.	35 min.	Rack on 3rd notch above heating unit.
Cup Custard	425°			20 min.	10 min.	30 min.	Rack placed on 2nd or 3rd notch.
Roast Beef (6 lbs.)	500°	15 min.	30 min.	40 min.	10 min.	95 min.	Preheat oven by turning oven bottom switch to high heat and broiler switch to high for only 5 minutes when broiler switch should be turned off.
Roast Pork (6 lbs.)	400°						
Roast Chicken (4 lbs.)	475°		2 hrs. 60 min.	15 min.	15 min. 30 min.	150 min. 90 min.	Preheat oven by turning oven bottom switch to high and broiler switch to high for 5 minutes when it should be turned off.
Roast Turkey (10 lbs.)	500°		30 min.	90 min.	80 min.	200 min.	Place turkey pan on rack in 2nd notch. Use no water and basting is unnecessary.
Baked Fish	500°		15 min.	15 min.	30 min.	60 min.	Fish pan should be placed on 2nd notch over heating unit.

The "Universal" range oven is equipped with a damper which can be adjusted to maintain a normal oven heat for baking and roasting. Damper should be fully open for broiling operation.

Oven Temperature Control

	To Preheat Oven	Directions	Cooking Period			
			Turn Broiler Switch Off Set Temp. Control	Current On For	Current Off For	Total Time In Oven
Roast Beef (6 lbs.)	500°	The oven damper should be closed when preheating oven, but opened 1 notch while roasting.	400°	60 min.	35 min.	95 min.
Roast Pork (4 lbs.)	450°	Meat pan placed on rack in 3rd notch from bottom of oven.	400°	90 min.	30 min.	2 hours
Leg of Lamb (5½ lbs.)	500°	Meat pan placed on rack in 3rd notch from bottom of oven.	400°	90 min.	30 min.	2 hours
Roast Stuffed Chicken (6 lbs.)	400°	Place stuffed chicken in drip pan and lay over it 2 or 3 slices of salt pork. Rack in 2nd notch from bottom of oven.	400°	90 min.	45 min.	2 h. 15 m.
Turkey (10 lbs.)	500°	Follow directions as for roasting chicken. Do not open oven door unnecessarily as oven is self basting.	400°	2½ hrs.	1 hour	3 h. 30 m.
Roast Ham (8 lbs.)	400°	First parboil the ham by placing in pan of cold water and bring to boiling point on surface hot plate. Then gently simmer for 30 minutes. Then allow to stand in same water for 30 minutes. Remove to roaster pan. Peel off skin and season.	375°	60 min.	1½ hrs.	2 h. 30 m.
Bread	400°	Place bread pans on rack which is in 2nd notch from bottom of oven.	400°	30 min.	20 min.	50 min.
Baking Powder Biscuits	475°	Baking powder biscuits and variations of same are quickly cooked in hot oven. Rack on 2nd notch from bottom of oven.	475°	12 min.		12 min.
Corn Bread	450°	Rack on 3rd notch from bottom of oven.	450°	15 min.	10 min.	25 min.
Cup Cakes	375°	Rack on 2nd or 3rd notch from bottom of oven.	375°	20 min.	5 min.	25 min.
Loaf Cake	350°	Rack on 2nd notch from bottom of oven.	350°	40 min.	10 min.	50 min.
Fruit Pies	450°	Rack on 3rd notch for 1 or 2 pies. For more than 2 adjust racks.	450°	45 min.		45 min.
Angel Food Cake		Cake is put in cold oven and expands with rising temperature.	350°	50 min.		50 min.
Sponge Cake	325°	This is for large loaf. Smaller sponge cakes will take less time.	350°	35 min.	15 min.	50 min.
Layer Cakes	375°	Pans on rack in 2nd or 3rd notch from bottom of oven.	375°	25 min.		25 min.

Keep pointer at the 550° position while preheating oven until desired temperature is reached, which will show on mercury oven door thermometer. Then set pointer.

Have oven damper open to first notch for bread, cake and pastry; fully open for broiling operations; closed while preheating oven and for the first fifteen minutes when roasting. Then open to first or second notch.

When roasting meats it is not necessary to use a double roaster. A drip pan 2 to 3 inches deep is best, and basting is unnecessary. A hot oven, from 450° to 500°, is desired, so that meats will sear quickly. Then heat is reduced to roasting temperature, 375° to 400°. During the last part of cooking the current is entirely off. See Chart. Do not use the Broiler Pan for roasting.

The oven door should be left open for a short time after cooking meat or vegetables, to thoroughly air and dry the oven.

To insure speed and economy in use of Hot Plates be sure bottom of all utensils are flat.

For Broiling, set Oven Temperature Control at 550° and turn Broiler Switch to "High" for about 10 minutes.

All tests have been made for average altitudes.

Water boils at 212° F. at sea level, but the higher the altitude, the lower the temperature at which water will boil. For every rise of about 520 feet above sea level, the boiling point of water falls one degree.

(At Denver, Colo. 5280 feet above sea level, the boiling point of water is about 202° F.)

Local voltage conditions may require slight variations in schedule as shown in chart.

MODEL No. E9261 ELECTRIC RANGE

(AUTOMATIC TIMER AND TEMPERATURE CONTROL)

BLACK ENAMEL FINISH WITH NICKEL PLATED TRIM



No. E9261R Right Hand Oven with Automatic Timer and Temperature Control.

No. E9261L Left Hand Oven with Automatic Timer and Temperature Control.

No. E9161R Right Hand Oven with Temperature Control Only.

No. E9161L Left Hand Oven with Temperature Control Only.

Six to ten persons can be served from this range.

Four Hot Plates completely enclosed, one 1500 Watt $8\frac{3}{4}$ in., two 1000 Watt $7\frac{1}{2}$ in., very fast, one 660 Watt $6\frac{3}{4}$ in. in diameter.

Combination Oven and Broiler. Equipped with Damper, Aluminum Broiler Pan, Nickel Plated Wire Racks and Mercury Thermometer. Removable Baking and Broiling Units.

Warming Closet with 550 Watt Unit that actually keeps plates or food hot.

White Porcelain Enamel Cooking Top, Back and Oven Splashes.

Standard attachment plug receptacle on the hot plate side for operating small appliances.

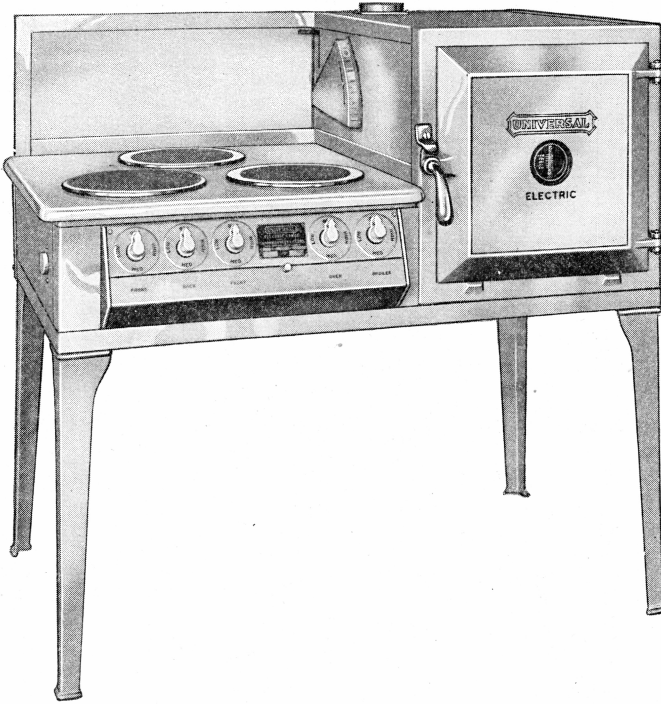
All UNIVERSAL Hot Plates are Interchangeable

DIMENSIONS		UNIT WATTAGE			
Floor Space	27 x $43\frac{1}{2}$ in.	Location	High	Medium	Low
Height	51 in.	Front Right	1000	500	250
Height from floor to cooking top	30 in.	Front Left	1500	750	375
Size of cooking top	24 x 24 in.	Rear Left	1000	500	250
Weight, crated	365 lbs.	Rear Right	660	330	165
OVEN		Baking	2000	1000	500
Inside measurement	14 x 14 x 19 in.	Broiling	1500	750	375
WARMING CLOSET		Warming Closet	550		
Inside measurement	9 x 18 x 22 in.	Total Maximum Wattage 8210			

MODEL No. E933 ELECTRIC RANGE

(OVEN TEMPERATURE CONTROL)

SILVER GRAY ENAMEL FINISH WITH NICKEL PLATED TRIM



No. E933R Right Hand Oven

No. E933L Left Hand Oven

Four to six persons can be served from this Range. Will fit under any ordinary kitchen window.

Three Hot Plates completely enclosed, one 1500 Watt $8\frac{3}{4}$ in., two 1000 Watt $7\frac{1}{2}$ in. in diameter, very fast.

Combination Oven and Broiler with Damper, Aluminum Broiler Pan, Nickel Plated Wire Racks and Mercury Thermometer. Removable Baking and Broiling Units. "Universal" Oven Temperature Control insures perfect baking results and prevents over-heating.

White Enamel Cooking Top, Back and Oven Splashes.

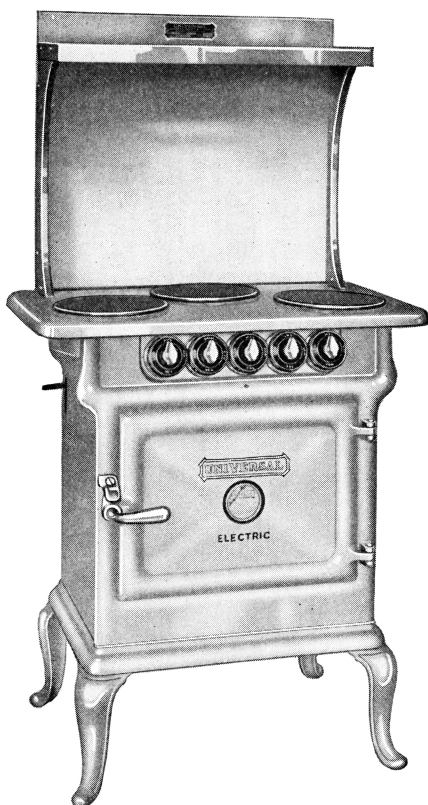
Standard attachment plug receptacle on the hot plate side for operating small appliances.

All UNIVERSAL Hot Plates are Interchangeable

DIMENSIONS		UNIT WATTAGE			
Floor Space	27 x $43\frac{1}{2}$ in.	Location	High	Medium	Low
Height	40 in.	Front Right	1000	500	250
Height from floor to cooking top	30 in.	Front Left	1500	750	375
Size of cooking top	24 x 24 in.	Rear	1000	500	250
Weight, crated	345 lbs.	Baking	2000	1000	500
		Broiling	1500	750	375
OVEN		Total Maximum Wattage 7 K. W.			
Inside measurements	14 x 14 x 19 in.				

MODEL No. E973G ELECTRIC RANGE

SILVER GRAY ENAMEL FINISH WITH NICKEL PLATED TRIM



For the apartment house, kitchenette or summer cottage where floor space is a factor.

Three Hot Plates completely enclosed, each 1000 watts $7\frac{1}{2}$ in. in diameter, very fast.

An enclosed 1000 watt Baking Unit in the bottom of the oven conserves the heat and makes for greater economy in baking and roasting operations.

Large Coil Unit in top of oven for broiling and speed in preheating.

Oven equipped with Aluminum Pan for broiling or roasting. Nickel plated Wire Racks and Temperature Indicator. Oven heavily insulated with Mineral Wool.

Heavy Metal Frame. 6 inch Utility Shelf, Back Panel, Oven Door, and Cooking Surface White Enamel.

All UNIVERSAL Hot Plates are Interchangeable

DIMENSIONS

Floor Space	$23\frac{1}{2} \times 18$ in.
Height over all	52 in.
Height from floor to cooking top	$31\frac{1}{2}$ in.
Size of cooking top	$28\frac{1}{2} \times 15\frac{3}{4}$ in.
Weight	140 lbs.
Weight crated	200 lbs.

OVEN

Inside measurements	$12 \times 12\frac{1}{2} \times 16\frac{1}{2}$ in.
---------------------	--

UNIT WATTAGE

Location	High	Medium	Low
Three surface hot plates	1000	500	250
Oven baking plate	1000	500	250
Oven broiler radiant unit	1500	750	375

Total Maximum Wattage 5500

UNIVERSAL ELECTRIC RANGE

COOKING UTENSILS

6-Piece Set

UNIVERSAL designers have perfected a set of range utensils to meet the requirements of the modern fuel—ELECTRICITY. Their use will increase the speed of cooking and decrease fuel costs

The Electric Range Utensils illustrated on this sheet are made of double gauge extra heavy pure aluminum, seamless and sanitary, specially designed for Electric Range users.

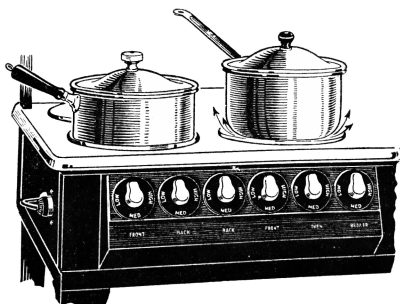
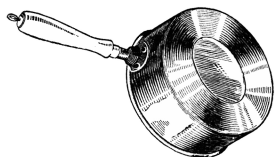
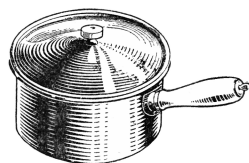


Illustration at left shows maximum contact with hot plate when UNIVERSAL Range Utensils are used, whereas right picture shows loss of heat through radiation when using ordinary kettles.



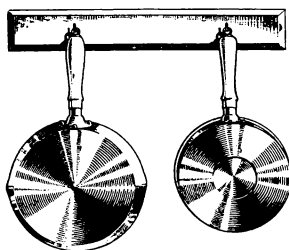
Non-warping bottom construction

Each Utensil has a perfectly flat bottom so designed as to prevent warping. These exclusive features insure a better contact; quicker and more economical cooking.



Close fitting cover

The cover of each UNIVERSAL Electric Range Utensil fits closely, minimizing the heat loss through evaporation. Each has a sanitary, white enamel, insulating knob.

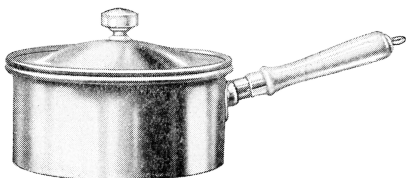


Handy utility hook for hanging up

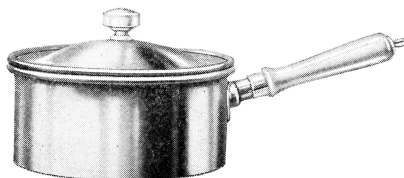
The white enameled handle of UNIVERSAL Electric Range Utensils is equipped with utility hook, facilitating its display in sparkling array when not in use. Each handle is thoroughly insulated and slotted to prevent turning.

ELECTRIC RANGE UTENSILS

6-Piece Set



**No. 9102 2 Qt.
Aluminum Sauce Pan**



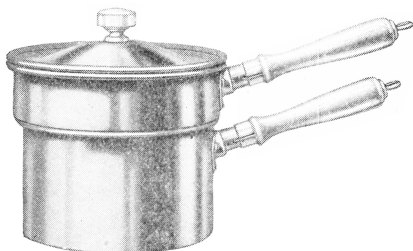
**No. 9103 3 Qt.
Aluminum Stew Pan**



**No. 9265 5 Qt.
Aluminum Tea Kettle**



**No. 9218 8 Qt.
Aluminum Straight Kettle**



**No. 9232 2 Qt.
Aluminum Double Boiler**



**No. 9210 10 in.
Aluminum Fry Pan**

